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RECEIVEDHOUSEHOLD CALENDAR

★ OCT 7 1929 ★

A radio talk by Mrs. Rowena Schmidt Carpenter, assistant to the chief, Bureau of Home Economics, delivered through WRC and 31 other stations associated with the National Broadcasting Company, Thursday, September 26, 1929, Eastern Standard Time.

How do you do, Homemakers!

With the opening of school, the routine of three meals a day has to be arranged anew in many families. If the nearest school is so far away or the noon period so short that the children must hurry back and forth and eat quickly, it is important that the right kind of lunch is ready on time. Wholesome, simply prepared dishes that are neither difficult to eat or to digest make up the noon meal for children who come home. But many children must have their lunch at school. If such is the case in your family, your problem may be one of longdistance supervision of what your child buys at the school cafeteria, or of packing him a suitable lunch to be carried to school. However that may be, the midday meal contributes its share to the day's food intake, and in planning meals for children it is always important to keep in mind the food needs of growing, active little bodies. Farmers' Bulletin 717, Food for Young Children, and a radio talk I gave recently on the same subject will call these needs to your mind if you write us for copies.

But to return to the child who must carry his lunch. The first decision to make is the type of container, and this choice is somewhat influenced by the distance it must be carried either by hand, bicycle, street car or automobile. Any lunch container chosen should be of a type that can be easily cleaned and kept sanitary. For this reason, very simple boxes and baskets are often more desirable than the elaborate and more expensive ones. If it is feasible, provide the child with a metal box or a basket which will accommodate a small thermos bottle and perhaps one or two smaller glass or pasteboard containers with closely fitted covers. A supply of waxed paper, paper napkins, perhaps some pasteboard plates, a spoon and small fork or pasteboard spoons, completes the necessary equipment for packing a lunch that can include a variety of foods in the course of the week.

Sandwiches always have and always will be the basis for the carried lunch, because breadstuffs and sandwich spreads or fillings lend themselves to so many different combinations that can be tasty, attractive and nutritious. A jar of simple salad dressing, perhaps of the cooked variety, some chile sauce or other relish not too highly seasoned, creamed butter, and jam, marmalade or jelly are convenient materials to keep on hand to use as binders in making various types of fillings palatable and yet not too moist. Chopped meat, sliced roast or loaf, chopped hard cooked eggs, seasoned cottage or cream cheese, flaked fish or fish salad, peanut butter and chile sauce, baked beans and lettuce, --- these and many other combinations may be the mainstay of the lunch when spread between slices of whole wheat, graham, rye or white bread, or in a crusty roll, muffins or biscuits. Lighter sandwiches with vegetable filling, for instance, lettuce, chopped celery and pineapple, finely chopped cabbage, carrots, parsley or water cress with creamed butter, make a tasty combination with a small jar of cottage or cream cheese or of salmon or tuna

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fish, egg salad, or baked beans. And there are sweet sandwiches to take the place of dessert now and then: jelly, marmalade, chopped dates or raisins. It is possible to pack a well balanced lunch of sandwiches only, choosing one of each of the three types I have mentioned: the protein sandwich, the vegetable sandwich and the sweet sandwich; or to supplement a sandwich lunch with fruit and cookies. But the carried lunch is less monotonous and is in the long run better for the child's health if it can include some little dish of fruit, (apple sauce, fresh berries or a baked apple) custard, or salad, and at least in cold weather something hot in the thermos bottle: hot cocoa, soup, or a hot vegetable dish.

There is a great advantage both to mothers and children if a school cafeteria or lunch counter can provide the right kind of noon day meal for children who cannot get home. Often with very simple equipment and a small amount of supervision on the part of one of the teachers, a group of students can prepare one or two dishes to serve daily as supplements to the lunches carried from home. Suggestions both for packing lunch boxes and for preparing lunches at school are found in Farmers' Bulletin 712 School Lunches which we will be glad to send you on request.

And now goodbye, Homemakers, until next Thursday.